

### Claims

1. Use of L-carnitine and at least a component having an anti-oxidative activity for making  
5 an ingestible composition for the stimulation of the lipid metabolism in the skin of an animal or a human being.
2. The use according to claim 1, for increasing the lipid secretion in the sebum.
- 10 3. The use according to claim 2, for producing a protective sebum layer on the skin.
4. The use according to one of claims 1 to 3, for treating dermatitis.
5. The use according to claim 4, for treating ulcerative dermatitis.
- 15 6. The use according to one of claims 1 to 3, for reducing dry skin or itching.
7. The use according to any of the preceding claims, wherein the component exhibiting an anti-oxidative activity is selected from the group consisting of vitamin E; vitamin C;  
20 carotenoids; ubiquinones; tea catechins; coffee extracts containing polyphenols and/or diterpenes; ginkgo biloba extracts; grape or grape seed extracts rich in proanthocyanidins; spice extracts; soy extracts containing isoflavones, phytoestrogens; ursodeoxycholic acid; ursolic acid; ginseng and ginsenosides and natural sources thereof; a source of thiols, preferably lipoic acid, cysteine, cystine, methionine, S-adenosyl-methionine, taurine,  
25 glutathione or natural sources thereof; or mixtures thereof.
8. The use according to any of the preceding claims, wherein the amount of L-carnitine administered daily is from at 1mg to 1 g per kg of body weight / day, preferably of from 5 mg to 250 mg per kg of body weight / day.
- 30 9. The use according to any of the preceding claims wherein the amount of the component having an anti-oxidative activity is from 0.025 mg to 250mg per kg of body weight / day.

10. The use according to any of the preceding claims, wherein the ingestable composition contains a source of fat, which comprises unsaturated fatty acids or is enriched with unsaturated fatty acids.

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11. The use according to claim 10, wherein the unsaturated fatty acids is alpha-linolenic acid.

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12. The use according to any of the claims 10 or 11, wherein said source of fat is selected from the group consisting of an animal fat, preferably tallow or fish oil, more preferably beef tallow, or an vegetable fat, preferably corn oil, sunflower oil, safflower oil, rape seed oil, soy bean oil, olive oil, borage oil, blackcurrent seed oil.

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13. The use according to any of the claims 10 to 12, wherein the amount of said source of fat in the composition is at least 0.1 % by weight on basis of the total weight of the composition.

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14. The use according to any of the preceding claims, wherein the ingestable composition is a medicament, a food or a functional food, a nutritionally complete pet or human food or a dietary supplement.

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15. An ingestable composition selected from a medicament, a food, a functional food, a nutritional complete pet or human food, and a dietary comprising L-carnitine and a least a component having an anti-oxidative activity.